



Relaxation, Meditation, & Mindfulness: A Mental Health Practitioner's Guide to New and Traditional Approaches

By Jonathan C. Smith PhD

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Based on a newly revised theory of relaxation, **ABC2 Relaxation Theory**, devised by the author, this book explains why hundreds of techniques used by professionals typically sort into six groups. The integration of these groups forms the core of the book. Smith's findings also reveal that not only can relaxation go beyond stress management, but that different families of relaxation have different effects.

Rich with practical suggestions and concrete illustrations of application, this comprehensive training guide details the following techniques:

- Yoga Stretching
- Progressive Muscle Relaxation
- Breathing Exercise
- Autogenic Suggestion
- Imagery/Relaxing Self-Talk
- Meditation (including Mindfulness)

Special applications include:

- relaxation with children
- relaxation and pain management
- relaxation, spirituality, and religion

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Editorial Review

Review

...a well-structured and well-organized book...a storehouse of knowledge for novice practitioners and seasoned professionals alike." -- *Yasmin Nilofer Farooqi, PsycCRITIQUES, Contemporary Psychology: APA Review of Books*

Review

"...should be on the bookshelf of every serious practitioner of cultivated relaxation skills. Smith is one of the leading practitioners and theorists on this topic. His book provides one of the few comprehensive theories of variety and complexity of relaxation strategies, and their many uses, from medical and psychological treatment to enhancement of spirituality and quality of life. It is clearly written, well-documented, and provides a cogent rationale and detailed manuals for using various relaxation methods, from muscular stretching exercises to mindfulness meditation, and provides a rationale for choosing the most appropriate relaxation strategy for each person. It covers most of the relaxation methods currently in use. It also includes some useful assessment questionnaires. The book will be accessible to undergraduate and graduate students, as well as to members of the general public interested in studying and acquiring relaxation skills. It will be invaluable."

-- **Paul Lehrer**, PhD, Professor of Psychiatry, UMDNJ, Robert Wood Johnson Medical School

From the Publisher

"Relaxation, Meditation, and Mindfulness: A Practical Guide by Jonathan Smith should be on the bookshelf of every serious practitioner of cultivated relaxation skills. Smith is one of the leading practitioners and theorists on this topic. His book provides one of the few comprehensive theories of variety and complexity of relaxation strategies, and their many uses, from medical and psychological treatment to enhancement of spirituality and quality of life. It is clearly written, well-documented, and provides a cogent rationale and detailed manuals for using various relaxation methods, from muscular stretching exercises to mindfulness meditation, and provides a rationale for choosing the most appropriate relaxation strategy for each person. It covers most of the relaxation methods currently in use. It also includes some useful assessment questionnaires. The book will be accessible to undergraduate and graduate students, as well as to members of the general public interested in studying and acquiring relaxation skills. It will be invaluable for trainers and therapists."

- Paul Lehrer, PhD, Professor of Psychiatry, UMDNJ --- Robert Wood Johnson Medical School

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